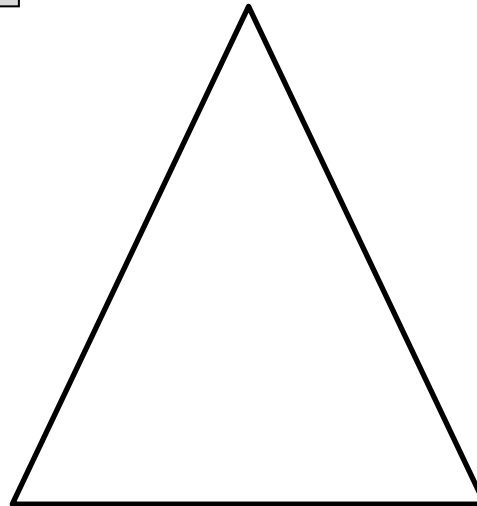


**Cognitive Reprocessing  
Part III – Trauma-Related  
Thinking**

**Unhelpful Belief/Thinking about the Trauma**

“It’s my fault the assault happened”



**Behaviors** associated with this belief

Stay home, don’t talk to people, cry...

**Emotion** associated with this belief

Feeling word: Depressed, Ashamed

Sensations in my body: Heavy

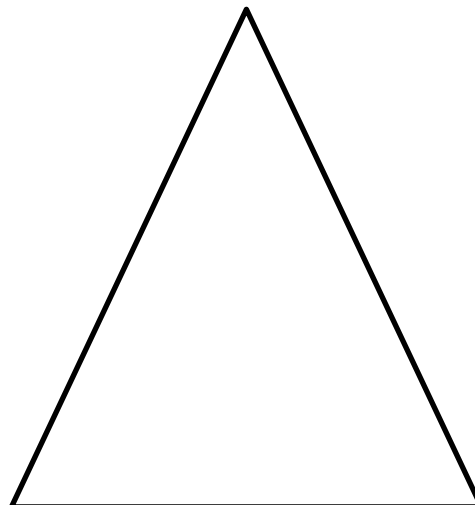
Rate: 1–2–3–4–5–6–7–8–9–10

**After the reprocessing activity, go back to the triangle...**

For this example, “Is there another way to see yourself?” (**Is there another way to think about this?**)

**Altered belief - New way of thinking**

“What happened is not *all* my fault, he knew I didn’t want to do that, he is responsible too.”



**Behaviors** associated with this new belief

Call my friends to go out to a movie, less crying

**Emotion** associated with the old belief

Feeling word: Depressed, Ashamed

Sensations in my body: Heavy

Rate: 1–2–3–4–5–6–7–8–9–10

**New Emotion** associated with the altered belief?

Feeling word: Anger

Sensations in my body: Nauseated

Rate: 1–2–3–4–5–6–7–8–9–10